



Forsyth Senior Center Menu April 2022



Monday	Tuesday	Wednesday	Thursday	Friday
4 Arthritis Exercise Chicken Strips Sweet Potatoes Green Vegetable Salad Ambrosia Salad	5 Wheel of Fortune Tater Tot Casserole Vegetable Salad Cherry Dump Cake	6 Pinochle Taco Soup Pimento Cheese Sandwiches Relish Tray Fruited Rice	7 Bingo Pork Fritters Pasta Salad Spinach Apple Slices	8 Arthritis Exercise Beef & Gravy Mashed Potatoes Corn Green Salad Fruit
11 Arthritis Exercise Breakfast Burritos Potatoes Green Salad Fresh Fruit	12 Birthday Day Cook's Choice	13 Pinochle Vegetable Beef Soup Egg Salad Sandwiches Fruit Salad Cookies	14 Bingo Baked Cod Macaroni Salad Pea Salad Gingerbread with Lemon Sauce	15 Easter Party Baked Ham Potato Salad Copper Penny Salad Spinach Salad Dessert

18 Arthritis Exercise Polish Dogs Sauerkraut Oven Potatoes Green Salad Fruit	19 Crafts Taco Tuesday	20 Pinochle Tomato Rice Soup Grilled Cheese Sandwiches Carrot Sticks Peach Crisp	21 Bingo Meatloaf Mashed Potatoes Mixed Vegetables Apple Crisp	22 Arthritis Exercise Sweet & Sour Meatballs Brown Rice Stir Fry Vegetables Fruit
25 Arthritis Exercise Beef Stroganoff Noodles Mixed Vegetables Fruit	26 Card Social BBQ Pork on a Bun Coleslaw Relish Tray Fruit Cup	27 Pinochle Cheesy Broccoli Soup Ham Sandwiches Fruit Crisp	28 Bingo Cook's Choice	29 Arthritis Exercise Chicken Salad Corny Bean Salad Tossed Salad Fruited Jell-O

PLEASE CALL BY 9:30 346-2878 - ALL MEALS SUBJECT TO CHANGE - SUGGESTED SENIOR DONATION \$4.00 NON-SENIORS \$7.00 - ALL MEALS SERVED WITH WATER, COFFEE, TEA, JUICE, AND 2% MILK